

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis Evidence Based Practice, Juli 2025**

**Sri Devi Liliyani Tampubolon
24501112**

Asuhan Keperawatan Keluarga Dengan Penerapan *Peer Group Support* Berbasis *Family Centered Nursing* Terhadap Kualitas Hidup Keluarga Lansia Dengan Ketidakefektifan Manajemen Kesehatan Keluarga Di Desa Sari Galuh
XII + 41 Halaman + 8 Tabel + 7 Lampiran

ABSTRAK

Menurut WHO (2010) lansia adalah seseorang yang telah memasuki usia 60 tahun ke atas. Banyak lansia yang sulit beradaptasi dengan proses penuaan, merasa sendirian dan kehilangan kepercayaan diri sehingga mempengaruhi kualitas hidup mereka. Tujuan dari karya ilmiah ini adalah untuk menjelaskan gambaran hasil praktik profesi keperawatan dengan penerapan *peer support groups* berbasis *family centered nursing* terhadap kualitas hidup keluarga lansia dengan manajemen kesehatan keluarga yang tidak efektif. Metode yang digunakan dalam pelaksanaan intervensi keperawatan adalah penerapan dukungan *Peer support groups* berbasis *family centered nursing* terhadap kualitas hidup keluarga lansia. Penulis memulai penelitian pada tanggal 16–21 Juni 2025. Penerapan intervensi yang kuat berkontribusi secara signifikan terhadap peningkatan kesejahteraan psikologis pada lansia dan juga berdampak positif terhadap kualitas hidup keluarga lansia. Hasil studi kasus ini menunjukkan bahwa setelah enam hari penerapan intervensi terdapat perbedaan yang signifikan terhadap keberhasilan keluarga dalam menjalankan kelima tugas kesehatan keluarga. Terdapat peningkatan pemahaman keluarga tentang kualitas hidup lansia dan kemampuan mereka dalam merawat lansia secara mandiri.

Kata Kunci : *Peer Support Groups, Family Centered Nursing, Lansia*
Daftar Pustaka : 14 (2019-2024)

NERS PROFESSIONAL STUDY PROGRAM
FACULTY OF NURSING
INSTITUTE OF HEALTH PAYUNG NEGERI PEKANBARU
Evidence Based Practice, July 2025

Sri Devi Liliyani Tampubolon
24501112

Family Nursing Care with the Implementation of Peer Group Support Based on Family Centered Nursing on the Quality of Life of Elderly Families with Ineffective Family Health Management in Sari Galuh Village
XII + 41 Pages + 8 Tables + 7 Attachments

ABSTRACT

According to the WHO (2010), an elderly person is someone aged 60 years and over. Many elderly people struggle to adapt to the aging process, feel lonely, and lose self-confidence, which affects their quality of life. The purpose of this research is to describe the results of nursing professional practice using peer support groups based on family-centered nursing on the quality of life of elderly families with ineffective family health management. The method used in implementing the nursing intervention was the application of peer support groups based on family-centered nursing on the quality of life of elderly families. The authors began the study from June 16–21, 2025. The implementation of a robust intervention significantly contributed to improving the psychological well-being of elderly families and also positively impacted the quality of life of elderly families. The results of this case study indicate that after six days of implementing the intervention, there was a significant difference in the family's success in carrying out the five family health tasks. There was an increase in the family's understanding of the elderly's quality of life and their ability to care for the elderly independently.

Keywords : Peer Support Groups, Family Centered Nursing, Elderly
Bibliography : 14 (2019-2024)